

1 CLAIMS

2 **2.(currently amended)** A device for introducing state changes in athletic activities

3 which comprises:

4 ~~a time varying device state; said state being comprised of~~ at least one binary variable,

5 said variable(s) encoding the device states;

6 a time varying value, the current device state, encoded by the binary variable(s);

7 a display; said display presenting the current device state in a form that the athlete

8 may interpret as a change in the athletic environment;

9 a means for setting the device; said means determining the timing and order in which

10 the device transitions between device states, and the average time spent in each

11 device state;

12 a controller; said controller reading the device settings, ~~maintaining the device~~

13 ~~state~~transitioning between device states in accordance with those settings, and

14 communicating the ~~resulting time varying~~current device state to the display;

15 an interruptible power source;

16 a durable case; said durable case being appropriate for an athletic activity.

17 **11. (currently amended)** A method for the training of athletes and the playing of

18 athletic games comprising the steps of:

19 (a) setting the ~~manner in which~~mean frequency of transitions between device states,

20 the minimum hold time and the average time spent in each device state, and the

21 order of the device state is to be varied in time; transitions;

- 1 (b) the device varying its current device state in accordance with those settings;
2 (c) the device displaying ~~said~~its current device state to the athletes in a form
3 interpretable by them as a change of the environmental state within the context
4 ~~of the current athletic activity;~~
5 ~~(d) the athletes reacting to the provided environmental state information as~~
6 ~~appropriate for the current athletic activity.~~

7 **24. (currently amended)** A device according to claim 2, wherein a switch sets the
8 ~~device state order to be~~order of transitions between device states as sequential or
9 random.

10 **25. (currently amended)** A device according to claim 2, wherein ~~the an~~ occupancy
11 value is set for each device state, said occupancy values ~~determined~~determining the
12 average time spent in each device state.

13 **28. (currently amended)** A device according to claim 2, wherein ~~each set~~the display
14 comprises sets of LEDs ~~is~~ arranged in ~~a ring~~rings around a conical case.

15 **29. (currently amended)** A device according to claim 2, wherein ~~each set of LEDs~~
16 ~~has a different color~~the display comprises sets of differently colored LEDs arranged
17 with each set in a colored ring around a conical case.

18 **30. (currently amended)** A method according to claim 11, wherein the order of the
19 device state transitions is random and the timing of the device state transitions is
20 random.

1 **31. (currently amended)** A method according to claim 11, wherein the order of the
2 device state transitions is sequential and the timing of the device state transitions is
3 random.

4 **32. (currently amended)** A method according to claim 11, wherein the order of the
5 device state transitions is random and the timing of the device state transitions is
6 periodic.

7 **33. (currently amended)** A method according to claim 11, wherein the order of the
8 device state transitions is sequential and the timing of the device state transitions is
9 periodic.

10 **34. (currently amended)** A method according to claim 11, wherein the athletic
11 activity is a soccer dribbling ~~drill and the four states of the device~~drill, the device
12 utilizes four device states, and these device states correspond to the environmental
13 states: "do not pass", "pass on the right", "pass on the left", and "pass on either side".

14 **35. (currently amended)** A method according to claim 11, wherein the athletic
15 activity is a basketball ~~drill and the four states of the device~~drill, the device utilizes
16 four device states, and these device states correspond to the environmental states:
17 "left side layup", "right side layup", "shoot from the top of the key", and "shoot
18 immediately".

19 **36. (currently amended)** A method according to claim 11, wherein the athletic
20 activity is a baseball pitching ~~drill and the four states of the device~~drill, the device
21 utilizes four device states, and these device states correspond to the environmental

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- 1 states: “throw a curve”, “throw a slider”, “throw a fastball”, “throw out the runner at
- 2 first base”.

CLAIMS

- 2.** A device for introducing state changes in athletic activities which comprises:
- at least one binary variable, said variable(s) encoding the device states;
 - a time varying value, the current device state, encoded by the binary variable(s);
 - a display; said display presenting the current device state in a form that the athlete may interpret as a change in the athletic environment;
 - a means for setting the device; said means determining the timing and order in which the device transitions between device states, and the average time spent in each device state;
 - a controller; said controller reading the device settings, transitioning between device states in accordance with those settings, and communicating the current device state to the display;
 - an interruptible power source;
 - a durable case; said durable case being appropriate for an athletic activity.
- 11.** A method for the training of athletes and the playing of athletic games comprising the steps of:
- (a) setting the mean frequency of transitions between device states, the minimum hold time and the average time spent in each device state, and the order of the device state transitions;
 - (b) the device varying its current device state in accordance with those settings;

(c) the device displaying its current device state to the athletes in a form interpretable by them as a change of the environmental state within the context of the current athletic activity.

24. A device according to claim 2, wherein a switch sets the order of transitions between device states as sequential or random.
25. A device according to claim 2, wherein an occupancy value is set for each device state, said occupancy values determining the average time spent in each device state.
28. A device according to claim 2, wherein the display comprises sets of LEDs arranged in rings around a conical case.
29. A device according to claim 2, wherein the display comprises sets of differently colored LEDs arranged with each set in a colored ring around a conical case.
30. A method according to claim 11, wherein the order of the device state transitions is random and the timing of the device state transitions is random.
31. A method according to claim 11, wherein the order of the device state transitions is sequential and the timing of the device state transitions is random.
32. A method according to claim 11, wherein the order of the device state transitions is random and the timing of the device state transitions is periodic.
33. A method according to claim 11, wherein the order of the device state transitions is sequential and the timing of the device state transitions is periodic.
34. A method according to claim 11, wherein the athletic activity is a soccer dribbling drill, the device utilizes four device states, and these device states correspond to the

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environmental states: “do not pass”, “pass on the right”, “pass on the left”, and “pass on either side”.

35. A method according to claim 11, wherein the athletic activity is a basketball drill, the device utilizes four device states, and these device states correspond to the environmental states: “left side layup”, “right side layup”, “shoot from the top of the key”, and “shoot immediately”.

36. A method according to claim 11, wherein the athletic activity is a baseball pitching drill, the device utilizes four device states, and these device states correspond to the environmental states: “throw a curve”, “throw a slider”, “throw a fastball”, “throw out the runner at first base”.